

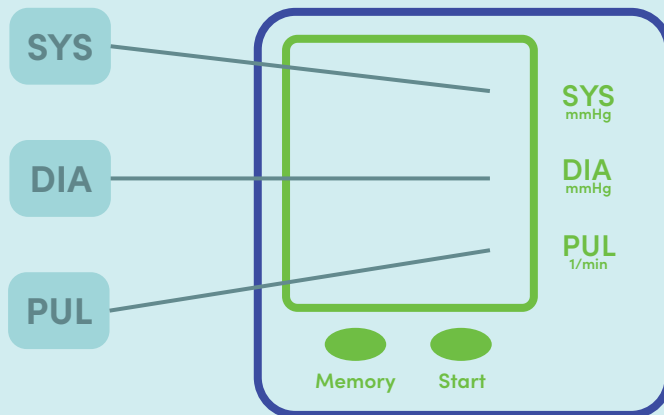
## The blood pressure measurement

Perform 2 measurements on the same arm. Rest for 1-2 minutes between measurements.

⚠ Contact your doctor if SYS is above 180 mmHg and/or DIA is above 110 mmHg on both measurements.

If, at the 1st measurement, SYS is above 160 mmHg and/or DIA is above 90 mmHg, take a break of at least fifteen minutes before starting the 2nd measurement.

## Measurements card



### Measurement 1

SYS

DIA

PUL

### Measurement 2

SYS

DIA

PUL